

Crew Off Duty

GMT	Crew	Activity
16:00–16:10		Morning inspection
16:10–16:40		Post-sleep
16:40–17:30	CDR, FE-2	BREAKFAST
16:40–16:45	FE-1	
16:45–17:00	FE-1	Private family conference (<i>S-band</i>)
17:00–17:30	FE-1	BREAKFAST
17:55–18:10	FE-2	Private family conference (<i>VHF</i>)
19:25–19:40	CDR	
20:00–21:00		Physical exercise (TVIS-2)
21:00–22:30	FE-2	Physical exercise (TVIS + active rest / day 2)
	FE-1	Physical exercise (RED)
22:30–23:30		Physical exercise (TVIS)
23:30–00:30		LUNCH
00:30–00:40	FE-1	Payload status check
00:30–00:35	CDR	Calldown of CBO water supply status
00:35–00:40		Calldown of CП counter status
00:40–00:45		Inspection of БРПК separator
02:15–03:45		Physical exercise (TVIS + active rest / day 2)
03:15–04:15	FE-2	Physical exercise (TVIS-2)
04:15–04:45		Daily plan review
04:45–05:00		Daily planning conference (<i>S-band</i>)
05:00–05:30		Report prep
05:30–06:00		DINNER
06:00–06:30		Daily food prep
06:30–07:30		Pre-sleep
07:30–16:00		SLEEP

Note:

See OSTP for references to US procedures

Task List : CDR : URAGAN Earth observations

Task List : FE-2 : DIATOMEA ocean observations

End of radiogram